



small plates

Hummus Platter 10.95

sun-dried tomato, garlic & herb, Sriracha & goat cheese, pita bread, cucumbers, carrots

Spinach & Asparagus Dip 7.95

spinach, asparagus, cheese blend, pita bread

Crab Cakes 8.95

our blend of crab and tilapia served over greens with spicy Remoulade

Chicken & Apple Quesadilla 8.95

pulled chicken, cheddar, bleu cheese, red onion, apple, balsamic vinaigrette, flour tortilla

Pure Fresh Plate 6.95

choice of hummus, house-made dressing, cucumbers, carrots, fruit, pita bread

NEW Gf Tye's Buffalo Stuffed Jalapeños 9.95

grilled jalapeños, pulled chicken, bleu cheese, hot sauce, housemade herbed ranch

Gf Gouda Stuffed Jalapeños 7.95

grilled jalapeños, gouda cheese, housemade herbed ranch

Crostini's with Pesto 6.95

toasted Italian flatbread, garlic parmesan aioli, basil pesto

tacos

All tacos come two per order with your choice of corn or flour tortilla (flour tortilla is not gluten free) and are served with chips. Substitute a side for \$1.95 or a specialty half salad for \$4.95.

Roasted Pork 9.95

ancho & coffee roasted pork shoulder, pico de gallo, cheddar, pineapple-habanero salsa, avocado

Gf Blackened Tilapia 12.95

blackened tilapia, pico de gallo, cheddar, pineapple-habanero salsa, avocado

Gf Chicken 9.95

pulled chicken, pico de gallo, cheddar, pineapple-habanero salsa, avocado

Gf Shrimp 12.95

shrimp, pico de gallo, cheddar, pineapple-habanero salsa, avocado

V Gf Vegan Tacos 8.95

sautéed yellow squash, zucchini, portabella, corn salsa, black bean, sun-dried tomato hummus, cucumber, tomato-basil vinaigrette

salads

All salads served with your choice of housemade dressing: Raspberry Vinaigrette, Balsamic Vinaigrette, Tomato-Basil Vinaigrette, Bleu Cheese, Herbed Ranch, Spicy Southwest, Honey Mustard. Add avocado for \$1.95, chicken for \$1.95, or shrimp for \$2.95.

Gf Chicken Fiesta 10.95

field greens, pulled chicken, white cheddar, corn salsa, pico de gallo, tortilla strips

Gf Cranberry & Goat Cheese 10.95

field greens, dried cranberries, local goat cheese, walnuts, red onion, cucumber, tomato

Gf Hillman Chef 10.95

field greens, ham, turkey, egg, cucumber, tomato, red onion, bleu cheese crumbles

Gf Shrimp & Spinach Cobb 13.95

spinach, sautéed shrimp, bacon, egg, avocado, bleu cheese crumbles, red onion, carrots

Gf Caprese 8.95

fresh mozzarella, basil, tomato, olive oil, balsamic reduction

NEW Gf Lemon Pepper Chicken & Strawberry 11.95

spinach, grilled chicken, strawberry, bleu cheese crumbles, cucumber, carrot

wraps & pitas

All wraps and pitas served with chips. Substitute a side for \$1.95 or a specialty half salad for \$4.95. Gluten free buns available for \$2.95 or served on a bed of lettuce at no cost.

Southwest Black Bean Wrap 8.95

black beans, white cheddar, spinach, corn salsa, spicy southwest dressing, tomato tortilla

Bourbon Peanut Shrimp Wrap 11.95

sautéed shrimp, goat cheese, carrot, basil, cucumber, kale, bourbon peanut sauce, flour tortilla

Chicken Mozzarella Pita 9.45

pulled chicken, basil, mozzarella, roasted red pepper, rosemary aioli, pita bread

NEW Fountain Square Falafel 10.95

garbanzo beans, parsley, tomato, red onion, green pepper, jalapeño, garlic, panko, field greens, herbed ranch, pita bread

Turkey Pesto Wrap 8.95

turkey, swiss, tomato, red onion, field greens, pesto aioli, tomato tortilla

Bleu Cheese Chicken Pita 9.45

pulled chicken, roasted red pepper, red onion, field greens, bleu cheese, spicy southwest dressing, pita bread

The Purrito 11.95

pulled chicken, white rice, white cheddar, spinach, corn salsa, pico de gallo, black beans, spicy southwest dressing, flour tortilla

Club Wrap 9.45

turkey, ham, bacon, spinach, tomato, mayo, swiss, flour tortilla

sides

V Field Greens Salad 3.95

Dill Potato Salad 2.95

V Steamed Asparagus 2.95

V Steamed Broccoli 2.95

V Seasonal Fruit Cocktail 2.95

Carrot & Cucumber with Herbed Ranch 2.95

Soup of the Day Small 3.95
Large 5.95

Hummus & Pita Small 3.95
Large 5.95

sandwiches

All sandwiches served with chips. Substitute a side for \$1.95 or a specialty half salad for \$4.95. Gluten free buns available for \$2.95 or served on a bed of lettuce at no cost.

Turkey & Havarti Panini 8.95

turkey, havarti, spinach, mayo, ciabatta

NEW Philly Cheesesteak 9.95

marinated beef tips, provolone, herbed cream cheese, sautéed onion, roasted red pepper, ciabatta

Meatloaf Melt (Whole Only) 10.95

housemade meatloaf, tomato jam, red onion, swiss, sourdough

Portabella and Spinach Melt 8.95

portabella, spinach, provolone, garlic-parmesan aioli, Italian flatbread

Pig Out Half 7.95 Whole 11.95

coffee & ancho pepper roasted pork shoulder, caramelized onion, white cheddar, jalapeño maple aioli, ciabatta

Grilled Vegetable Panini Half 5.95 Whole 8.95

portabella, zucchini, yellow squash, red onion, tomato, provolone, spicy southwest dressing, Italian flatbread

Ham & Cheddar Melt Half 5.95 Whole 8.95

Smoking Goose ham, spinach, white cheddar, rosemary aioli, Italian flatbread

Dijon Tarragon Chicken Salad Half 5.95 Whole 8.95

housemade chicken salad, spinach, tomato, your choice of sourdough or multigrain

Grady's Melt Half 5.95 Whole 8.95

white cheddar, bacon, tomato, garlic-parmesan aioli, sourdough

Chicken Cordon Bleu 9.95

pulled chicken, Smoking Goose ham, bacon, swiss, honey mustard, ciabatta

Caprese Panini Half 5.95 Whole 8.95

mozzarella, roasted red pepper, tomato, baby kale, balsamic vinaigrette, ciabatta

Grilled Cheese with Tomato Half 5.95 Whole 7.95

swiss, havarti, provolone, tomato, pesto aioli, your choice of sourdough or multigrain

NEW SPICY Black Bean Burger (Whole Only) 9.95

black bean, roasted garlic, jalapeño, egg, red onion, panko, field greens, tomato, avocado, spicy southwest dressing, brioche bun

Ahi Tuna Melt Half 7.95 Whole 11.95

housemade ahi tuna salad, avocado, white cheddar, spinach, tomato, multigrain

entrées

All entrées are served with your choice of side.

👉 Available from 5pm-11pm

BYO Quattro Formaggio 10.95

rotini noodles, Pure's premium cheese blend; add bacon, grilled squash & zucchini, sautéed onion, roasted red pepper, portabella, spinach, or baby kale for \$.95; Smoking Goose ham, chicken, pulled pork for \$1.95, or shrimp \$2.95

Gf Balsamic Sockeye Salmon 17.95

marinated and sautéed sockeye salmon, blanched asparagus, roasted red potatoes

Crab Cakes 15.95

our blend of crab and tilapia served over greens with spicy Remoulade

NEW Marinated Beef Tips 16.95

beef tenderloin tips, pickled banana pepper, garlic, white rice, broccoli, mashed cauliflower

Gf Cajun Rub Tuna Steak 14.95

seared ahi tuna, black beans, white rice, corn salsa, spicy Remoulade

Blackened Tilapia over Pesto Israeli Couscous 13.95

blackened tilapia, pesto Israeli couscous, sautéed yellow squash & zucchini

Gf Rice Bowl 10.95

white rice, steamed broccoli, baby kale, fried egg, teriyaki, bourbon peanut sauce; add black beans for \$.95, chicken or pulled pork for \$1.95, or shrimp for \$2.95, cajun seared ahi tuna for \$8.95

kids combos

All kid's meals served with a side of fruit and choice of 8oz drink. Substitute a side at no additional charge.

BBQ Taco 4.95

pulled chicken, cheddar, bbq sauce, choice of corn or flour tortilla

Pint Size Pita Pizza 5.95

shredded cheddar, mozzarella, marinara spread, on toasted pita

Mac N' Cheese Please! 5.95

Kraft white cheddar macaroni noodles

Grilled Cheese Squares 4.95

melted cheese on your choice of toasted sourdough or multigrain

Mini Quesadilla 5.95

pulled chicken, 6" flour tortillas, shredded cheddar

Tatem's Nutella & Strawberry Sandwich 5.95

Nutella, sliced strawberries, toasted sourdough

desserts

Cheesecake 5.95

New York-style with your choice of strawberries or chocolate

Lick Ice Cream 5.95

two scoops of locally made premium ice cream (seasonal flavors)

* consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness

* Wi-Fi proudly provided by Wintek